

Buttermilk Scones

READY IN

ready

30 min.

SERVINGS

servings

12

CALORIES

calories

234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons coarse brown sugar
- ☐ 2 tablespoons buttermilk powder dry (available in the baking aisle)
- ☐ 0.5 cup chocolate chips mini
- ☐ 2 cups flour all-purpose plus more for dusting
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 6 tablespoons granulated sugar
- ☐ 1 cup heavy cream

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted melted
- ☐ 1 teaspoon vanilla extract

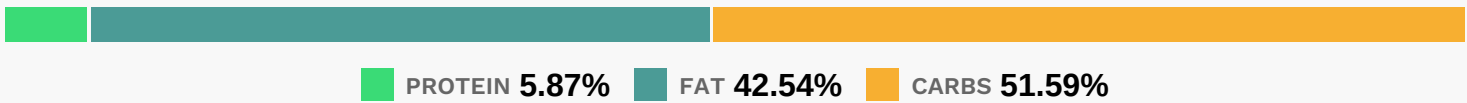
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 425 degrees F. Line a baking sheet with parchment.
- ☐ Whisk the flour, granulated sugar, baking powder, baking soda, dry buttermilk and salt in a medium bowl.
- ☐ Add the rosemary and/or chocolate chips. In a small bowl, whisk the melted butter, vanilla and 1 cup cream. Stir the wet ingredients into the dry ingredients until just combined. Turn the dough out onto a floured surface and knead until smooth, about 1 minute.
- ☐ Divide the dough into 2 balls; roll out each ball into a 1/2-to-3/4-inch-thick disk.
- ☐ Brush the tops of the disks with the remaining 2 tablespoons cream, then sprinkle with the coarse sugar.
- ☐ Cut each disk into 6 wedges.
- ☐ Transfer to the prepared baking sheet and bake until golden brown, 12 to 16 minutes.
- ☐ Transfer to a rack to cool.
- ☐ Photograph by James Baigrie

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:15.86, Inflammation Score:-3, Nutrition Score:4.4491304716338%

Nutrients (% of daily need)

Calories: 233.54kcal (11.68%), Fat: 11.09g (17.06%), Saturated Fat: 6.91g (43.21%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 29.48g (10.72%), Sugar: 13.79g (15.32%), Cholesterol: 29.24mg (9.75%), Sodium: 230.11mg (10%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 3.44g (6.88%), Vitamin B1: 0.17mg (11.44%), Selenium: 7.95µg (11.35%), Folate: 39.49µg (9.87%), Vitamin B2: 0.16mg (9.31%), Calcium: 78.33mg (7.83%), Vitamin A: 368.65IU (7.37%), Manganese: 0.15mg (7.26%), Iron: 1.17mg (6.53%), Vitamin B3: 1.26mg (6.28%), Phosphorus: 58.61mg (5.86%), Fiber: 0.77g (3.07%), Vitamin D: 0.36µg (2.38%), Magnesium: 7.53mg (1.88%), Vitamin B5: 0.18mg (1.79%), Copper: 0.04mg (1.77%), Potassium: 61.1mg (1.75%), Vitamin E: 0.25mg (1.67%), Zinc: 0.24mg (1.58%), Vitamin B12: 0.07µg (1.23%), Vitamin B6: 0.02mg (1.02%)